

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA TN.F DENGAN GAGAL GINJAL
KRONIK DALAM PENERAPAN KOMBINASI *ANKLE
PUMP EXERCISE* DAN ELEVASI KAKI UNTUK
MENURUNKAN EDEMA KAKI DI RUANG
RAWAT INAP INTERNE PRIA RSUP
DR.M.DJAMIL PADANG**



**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
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ABSTRAK

Edema merupakan gejala yang sering muncul pada pasien gagal ginjal kronik. Salah satu terapi yang dapat menurunkan edema adalah kombinasi *ankle pumping exercise* dan elevasi kaki 30°. Kombinasi *ankle pumping exercise* dan elevasi kaki 30° dapat menimbulkan efek pompa otot sehingga mampu menurunkan derajat edema. Karya ilmiah ini bertujuan untuk menggambarkan efek terapi kombinasi *ankle pumping exercise* dan elevasi kaki 30° dalam menurunkan derajat edema pada pasien ginjal kronik. Metode yang digunakan yaitu studi kasus pada satu pasien dengan penerapan *Evidence Based Nursing*. Berdasarkan pengkajian ditemukan masalah keperawatan yaitu gangguan pertukaran gas, hipervolemia, dan perfusi perifer tidak efektif. mahasiswa melakukan kombinasi *ankle pumping exercise* dan elevasi kaki 30° yang diberikan kepada pasien selama 4 hari berturut-turut sebanyak 3 kali sehari dengan durasi 30 menit setiap sesi. Edema diukur menggunakan metode pitting edema dari teori Brodovicz. Hasil setelah 4 hari implementasi terdapat penurunan derajat edema, dari derajat 3 menjadi derajat 2. Sebagai pembandingan pasien kontrol yang tidak menerima terapi kombinasi *ankle pumping exercise* dan elevasi kaki 30° menunjukkan peningkatan derajat edema dari derajat 3 menjadi derajat 4. Hasil evaluasi didapatkan bahwa kombinasi *ankle pumping exercise* dan elevasi kaki 30° efektif dalam menurunkan derajat edema pada pasien gagal ginjal kronik. Karya ilmiah ini diharapkan dapat menjadi acuan dalam memberikan asuhan keperawatan pada pasien gagal ginjal kronik yang mengalami edema.

Kata Kunci : Penyakit ginjal kronik, *ankle pumping exercise*, elevasi kaki 30° edema kaki

Daftar Pustaka : (57)

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***NURSING CARE FOR TN.F WITH CHRONIC KIDNEY FAILURE IN THE
APPLICATION OF A COMBINATION OF ANKLE PUMP EXERCISE AND
LEG ELEVATION TO REDUCE LEG EDEMA IN THE INPATIENT ROOM
OF THE MALE IN RSUP DR. M. DJAMIL PADANG***

ABSTRACT

Edema is a symptom that often appears in patients with chronic kidney failure. One therapy that can reduce edema is a combination of ankle pumping exercise and 30° leg elevation. The combination of ankle pumping exercise and 30° leg elevation can cause a muscle pump effect so that it can reduce the degree of edema. This scientific paper aims to describe the effect of combination therapy of ankle pumping exercise and 30° leg elevation in reducing the degree of edema in chronic kidney patients. The method used is a case study on one patient with the application of Evidence Based Nursing. Based on the study, the findings of nursing problems were impaired gas exchange, hypervolemia, and ineffective peripheral perfusion. students performed a combination of ankle pumping exercise and 30° leg elevation which was given to patients for 4 consecutive days, 3 times a day with a duration of 30 minutes each session. Edema was measured using the pitting edema method from Brodovicz's theory. The results after 4 days of implementation showed a decrease in the degree of edema, from degree 3 to degree 2. As a comparison, control patients who did not receive combination therapy of ankle pumping exercise and 30° leg elevation showed an increase in the degree of edema from degree 3 to degree 4. The evaluation results showed that the combination of ankle pumping exercise and 30° leg elevation was effective in reducing the degree of edema in patients with chronic kidney failure. This scientific paper is expected to be a reference in providing nursing care to patients with chronic kidney failure who experience edema.

Keywords : Chronic kidney disease, ankle pumping exercise, 30° leg elevation, leg edema

References : (57)